



OPEN WATER SWIMMING RULES AND BY-LAWS

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Updated October 2018

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Document Control

Date	Description	Rule Number	Document Version
This document is based on and incorporates the following documents and changes:			
December 2013	SAL Open Water Swimming Rules		
April 2016	Complete Revision incorporating FINA and SAL Rules		
September 2016	Entry Standards for OWS events inserted	OWSBL 5	
October 2018	Changes to handicapping Rules and swimsuit Rules and By-Laws according to water temperature.	SOWS 1.1, 2.5,8.3, 8.4 and 8.5 SOWBL 5 and 8	

OPEN WATER SWIMMING RULES

These rules shall apply to all Open Water Swimming meets conducted in South Australia.

The most current version of the SwimmingSA Rules and By-Laws can be found on the website <http://www.sa.swimming.org.au>

NOTES:

NUMBERING OF RULES

SwimmingSA Open Water Swimming (OWS) Rules *and By-Laws* are based on the current Swimming Australia Ltd (SAL) *Rules and By-Laws* December 2013 (as indicated with an 'A' prefix eg. AOWS 1.3) which are in turn based on FINA Rules (those without an 'A' prefix). All rules that are specific to South Australia will have an 'S' prefix.

In this instance the FINA OWS Rule numbers vary from the numbering system adopted for SAL OWS Rules. While the South Australian Rules have adopted the same numbering system as SAL, the FINA OWS Rule numbers are given in brackets after the main headings for ease of referral. Where there has been no change from the FINA to SAL rules, except the reordering of headings, the 'A' is not used.

APPLICATION OF RULES

All Swimming Australia Ltd (SAL) Open Water Swimming Championships and Open Water Swimming competitions shall be governed by SAL's *Rules and By-Laws*, as determined from time to time. SAL's Rules can be found on the website <http://www.swimming.org.au> .

All World Championships, Olympic Games, World Cups and FINA competitions shall be governed by the Rules of FINA which are found on the FINA website <http://www.fina.org>.

All references to Race Judges, escort craft and swimmer's approved representative relate to races over 10km. Escort safety craft used in races over 10km have been renamed escort craft in these rules. Escort craft are provided by the swimmer. Safety craft are provided by the event organisers. Use of all craft is as specified within these *Rules and By-Laws*.

OWS 1 OPEN WATER SWIMMING DEFINITIONS (FINA OWS 1)

OWS 1.1 OPEN WATER SWIMMING shall be defined as any competition that takes place in rivers, lakes, oceans or water channels, dams, or rowing courses except for 10km events.

OWS 1.1.1 MARATHON SWIMMING shall be defined as any 10km event in open water competitions.

OWS 1.2 The age limit for all FINA Open Water Swimming events must be at least 14 years of age. The age for all competitors will be considered as at 31st December of the year of the competition

SOWS 1.3 The age limit for **all** SwimmingSA Open Water Swimming events must be at least 15 years of age for the 10km event and 12 years of age for the 5km event and at least 10 years of age for events less than 5km.

OWS 2 THE VENUE (FINA OWS 5)

SOWS 2.1 SwimmingSA Open Water Swimming Championships shall be conducted at a venue as approved by the Board.

OWS 2.2 The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water. (OWS 5.2)

OWS 2.3 A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations. (OWS 5.3)

SOWS 2.3.1 In situations in South Australia where local authorities do not issue such certificates, the confirmed **absence** of a warning against swimming because of the condition of the water will be deemed acceptable. The check for any warning on water quality is to be made at the latest opportunity prior to the race, for instance Friday afternoon before a weekend event. An emergency contact with the authority should be provided in case of heavy rain in the intervening period.

OWS 2.4 The minimum depth of water at any point on the course shall be 1.40 metres. (OWS 5.4)

SOWS 2.5 The water temperature should be a minimum of 16°C and a maximum of 31°C. It should be checked the day of the race prior to the start of the Referee's Briefing, ideally as near as practical in the middle of the course route at a depth of 40cm. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a Member of the Organising Committee and one coach (OWS 5.5) (See SOWBL 8 for approved swimsuits according to water temperature.)

OWS 2.5.1 The Safety Officer shall monitor temperature conditions periodically during the race. (OWS 5.5.1)

OWS 2.6 All turns/alterations of course shall be clearly indicated. Directional Buoys which are alterations of the course shall be of a different colour to guidance buoys. (OWS 5.6)

OWS 2.7 A clearly marked craft or platform, containing a Turn Judge, shall be positioned at all alterations of course in such a manner as not to obstruct a swimmer's visibility of the turn. (OWS 5.7)

- OWS 2.8 All feeding platforms, turning apparatus and Turn Judges' craft/platforms shall be securely fixed in a position and not be subject to tidal, wind or other movements. (OWS 5.8)
- OWS 2.9 The final approach to the finish shall be clearly defined with markers of a distinctive colour, and shall comprise the boundary of the course. (OWS 5.9)
- OWS 2.10 The finish shall be clearly defined and marked by a vertical face. (OWS 5.10)

OWS 3 OFFICIALS (FINA OWS 2)

SOWS 3.1 The following officials shall be appointed at Open Water Swimming competitions:

- A Chief Referee
- Referees (2 minimum, additional Referees proportional to race entries)
- Chief Timekeeper plus 2 Timekeepers
- Chief Finish Judge plus 3 Finish Judges
- Safety Officer
- Medical Officer
- Course Officer
- Clerk of the Course
- Recorder
- Turn Judges (one per alteration of Course)
- Feeding Platform Judge (when feeding platforms are used)
- Starter
- Announcer
- One Race Judge per swimmer for events over 10km

NOTE: No official can act in more than one role simultaneously. They may only undertake a new role after all of the obligations of their previous role have been fulfilled.

AOWS 3.2 For events of 10km or less the Safety Officer and Course Officer's positions and duties are combined.

OWS 4 DUTIES OF OFFICIALS (FINA OWS 3)

The CHIEF REFEREE shall:

- SOWS 4.1 have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Referee shall enforce all the rules and decisions of FINA, SAL and SwimmingSA and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these Rules. (OWS 3.1)
- AOWS 4.2 have authority to intervene in the competition at any stage to ensure that the Rules are observed. (OWS 3.2)
- OWS 4.2.1 in case of hazardous conditions that jeopardise the safety of the swimmers and the officials, in consultation with the Safety Officer, he can stop the race. (OWS 3.2.1)
- OWS 4.3 adjudicate on all protests related to the competition in progress. (OWS 3.3)

- OWS 4.4 give a decision in cases where the Judges' decision and times recorded do not agree. (OWS 3.4)
- OWS4.5 signal to swimmers, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence. (OWS 3.5)
- AOWS 4.6 disqualify any swimmer for any violation of the Rules that he personally observes or which is reported to him by other authorised officials. Notwithstanding the provisions of OWS 6.3 hereof the Referee may decide to enforce the disqualification at the end of the race.
- OWS 4.7 ensure that all necessary officials for the conduct of the competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if necessary. (OWS 3.7)
- OWS 4.8 receive all reports prior to the start of the race and at the conclusion of the race from the Clerk of the Course, Recorder, Course Officer and Safety Officer to ensure all swimmers are accounted for. (OWS 3.8)
- The REFEREES shall:**
- SOWS 4.9 have authority to intervene in competition at any stage to ensure that Rules are observed. (OWS 3.9)
- OWS 4.10 disqualify any swimmer for any violation of the Rules that he personally observes. (OWS 3.10)
- The STARTER shall:**
- OWS 4.11 start the race in accordance with OWS 5 following the signal by the Chief Referee (OWS 3.11)
- The CHIEF TIMEKEEPER shall:**
- OWS 4.12 assign at least two Timekeepers to their positions for the start and finish. (OWS 3.12)
- OWS 4.13 ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks fifteen (15) minutes before start time. (OWS 3.13)
- OWS 4.14 collect from each timekeeper a card showing the time recorded for each swimmer, and, if necessary, inspect their watches; and (OWS 3.14)
- OWS 4.15 record or examine the official time on the card for each swimmer. (OWS 3.15)
- TIMEKEEPERS shall:**
- OWS 4.16 take the time of each of swimmer/s assigned. The watches should have memory and print out capability and shall be certified correct to the satisfaction of the Management Committee. (OWS 3.16)
- OWS 4.17 start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper. (OWS 3.17)

OWS 4.18 promptly after each finish record the time and swimmer's number on the time card and turn it over to the Chief Timekeeper. (OWS 3.18)

SOWS 4.18.1 If watches without print out capability have to be used, promptly after each finish, record the time for each finish (and occasionally the swimmer's number as a cross-reference when, and only if, time permits) on the time sheet and turn it over to the Chief Timekeeper when requested.

Note: When Automatic Officiating Equipment is used, the same complement of hand timers is to be used.

The CHIEF FINISH JUDGE shall:

OWS 4.19 assign each Judge to a position. (OWS 3.19)

OWS 4.20 record and communicate any decision received from the Referees during the competition. (OWS 3.20)

OWS 4.21 collect after the race, signed results sheets from each Judge and establish the result and placings which shall be sent directly to the Chief Referee. (OWS 3.21)

FINISH JUDGES (three) shall:

AOWS 4.22 be positioned in line with the finish where they shall have, at all times, a clear view of the finish. (OWS 3.22)

AOWS 4.23 record after each finish the placing of the swimmers according to the assignment given. (OWS 3.23)

NOTE: Finish Judges shall not act as Timekeepers in the same event.

THE CHIEF RACE JUDGE (only for events over 10km) shall:

OWS 4.24 confirm to each race judge their escort boat and instruct them in their duties. (OWS 3.24)

OWS 4.25 record and communicate any decision received from the Referees during the competition. (OWS 3.25)

OWS 4.26 collect after the race, signed sheets from each Race Judge of their observations during the race which shall be sent directly to the Chief Referee. (OWS 3.26)

EACH RACE JUDGE (only for events over 10km) shall:

OWS 4.27 be positioned in an escort craft (where applicable), assigned by random draw prior to the start, so as to be able to observe, at all times, his appointed swimmer; (OWS 3.27)

OWS 4.28 ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to a Referee at the earliest opportunity; (OWS 3.28)

OWS 4.29 have the power to order a swimmer from the water upon expiry of any time limit so ordered by the Referee; (OWS 3.29)

OWS 4.30 ensure that his appointed swimmer does not take unfair advantage or commit unsporting impediment on another swimmer and if the situation requires instruct a swimmer to maintain clearance from any other swimmer. (OWS 3.30)

TURN JUDGES shall:

OWS 4.31 be positioned so as to ensure all swimmers execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing; (OWS 3.31)

SOWS 4.32 record any infringement of the turn procedures on the record sheets provided and indicate the infringement to the Chief Referee (OWS 3.32)

SOWS 4.33 promptly upon completion of the event deliver the signed record sheet to the Chief Referee. (OWS 3.33)

The SAFETY OFFICER shall:

SOWS 4.34 be responsible to the Referee for all aspects of safety related to the conduct of the competition, except in the case of SOWS 4.2.1 when the Safety Officer may stop the race. (OWS 3.34)

OWS 4.35 check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction; (OWS 3.35)

OWS 4.36 be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort craft; (OWS 3.36)

NOTE: Please refer to SOWS 6.9.2 re requirements for safety craft and propeller guards

OWS 4.37 provide prior to the competitions to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course; (OWS 3.37)

SOWS 4.38 in conjunction with the Medical Officer advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted. (OWS 3.38)

The MEDICAL OFFICER shall:

OWS 4.39 be responsible to the Chief Referee for all medical aspects related to the competition and swimmers; (OWS 3.39)

OWS 4.40 inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity; (OWS 3.40)

SOWS 4.41 in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted. (OWS 3.41)

The COURSE OFFICER shall:

- OWS 4.42 be responsible to the Management Committee for the correct survey of the course, (OWS 3.42)
- OWS 4.43 ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order; (OWS 3.43)
- OWS 4.44 ensure all course alteration points are correctly marked, and manned prior to the commencement of the competition; (OWS 3.44)
- OWS 4.45 with a Referee and Safety Officer inspect the course and markings prior to the commencement of competition; (OWS 3.45)
- SOWS 4.46 ensure that Turn Judges are in position prior to the start of the competition and report this to the Chief Referee. (OWS 3.46)

The CLERK OF THE COURSE shall:

- OWS 4.47 assemble and prepare swimmers prior to each event and ensure proper reception facilities at the finish are available for all swimmers; (OWS 3.47)
- OWS 4.48 ensure each swimmer is identified correctly with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewellery, including watches; (OWS 3.48)
- SOWS 4.49 be certain all swimmers are present, in the assembly area, at the required time prior to the start, confirming the numbers of swimmers in the event with the Chief Referee and Chief Recorder (OWS 3.49)
- OWS 4.50 keep swimmers and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one minute warnings shall be given; (OWS 3.50)
- OWS 4.51 Deleted
- OWS 4.52 ensure that all swimmers leaving the water at the finish have the basic equipment required for their wellbeing should their own attendants not be present at that time. (OWS 3.52)

The RECORDER shall:

- OWS 4.53 record withdrawals from the competition, enter results on official forms, and maintain record for team awards as appropriate. (OWS 3.53)
- SOWS 4.54 receive any violation from the Chief Referee detailing the event, the swimmer's number and rule infringement.

EACH FEEDING PLATFORM JUDGE shall:

- OWS 4.55 be responsible for the management of the activity and the swimmers' authorised representatives present on the platform, in accordance with FINA rules. (OWS 3.55)

OWS 5 THE START (FINA OWS 4)

SOWS 5.1 All Open Water competitions shall start with all swimmers standing on a fixed platform and entering the water feet first, or in water depth sufficient for them to commence swimming on the start signal. (OWS 4.1)

OWS 5.1.1 When starting from a fixed platform swimmers shall be assigned a position on the platform, as determined by random draw. (OWS 4.1.1)

OWS 5.2 The Clerk of the Course shall keep swimmers and officials informed of the time before start at suitable intervals and at one minute intervals for the last five minutes. (OWS 4.2)

OWS 5.3 When the numbers of entries dictate the start shall be segregated in the Men's and Women's competitions. The Men's event shall always start before the Women's event. (OWS 4.3)

OWS 5.4 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level. (OWS 4.4)

OWS 5.5 The Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter. (OWS 4.5)

OWS 5.6 The Starter shall be positioned so as to be clearly visible to all swimmers. (OWS 4.6)

OWS 5.6.1 On the Starter's command "take your marks" they shall take up a starting position immediately in line with the start line where a platform is not used, or with at least one foot at the front of the platform (OWS 4.6.1)

OWS 5.6.2 The Starter will give the starting signal when he considers all swimmers are ready (OWS 4.6.2)

OWS 5.7 The start signal shall be both audible and visual. (OWS 4.7)

OWS 5.8 If in the opinion of the Referee unfair advantage has been gained at the start the offending swimmers will be given a yellow or red flag in accordance with OWS 6.3. (OWS 4.8)

SOWS 5.9 All escort/safety craft shall be stationed prior to the start so as not to interfere with any swimmer, and, if picking up their swimmer from behind shall navigate in such a way as not to manoeuvre through the field of swimmers. (OWS 4.9)

OWS 5.10 Although they may start together, in all other respects the Men's and Women's competitions shall be treated as separate events. (OWS 4.10)

OWS 6 THE RACE (FINA OWS 6)

OWS 6.1 All Open Water competitions shall be Freestyle events and swimmers are required to complete the whole course, respecting all designated turning buoys and course boundaries.

SOWS 6.2 Referees and Race Judges (when used) shall instruct any swimmer who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort/safety craft to move clear.

OWS 6.3 Disqualification Procedure

SOWS 6.3.1 If in the Opinion of the Chief Referee or Referees, any swimmer, or swimmer's approved representative, or escort craft takes advantage by committing any violation of the rules by making intentional contact with any swimmer, the following proceeding shall apply:

1st Infringement:

A yellow flag and a card bearing the swimmer's number shall be raised to indicate and to inform the swimmer that he is in violation of the Rules.

2nd Infringement:

A red flag and a card bearing the swimmer's number shall be raised by the Referee (OWS 4.6) to indicate and to inform the swimmer that he is for the second time in violation of the Rules. The swimmer shall be disqualified. He must leave the water immediately or be placed in an escort/safety craft, and take no further part in the race.

OWS 6.3.2 If in the opinion of the Referee, an action of a swimmer or an escort craft, or a swimmer's approved representative is deemed to be "unsporting" the Referee shall disqualify the swimmer concerned immediately

SOWS 6.4 Escort/safety craft shall manoeuvre so as not to obstruct or place them directly ahead of any swimmer and not take unfair advantage by pacing or slip streaming.

SOWS 6.5 Escort craft shall attempt to maintain a constant position so as to station the swimmer at, or forward of, the midpoint of the escort craft.

OWS 6.6 Standing on the bottom during a race shall not disqualify a swimmer, but they may not walk or jump.

OWS 6.7 With the exception of Rule OWS 6.6 swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort craft or crew therein.

AOWS 6.7.1 Rendering assistance by an official medical officer to a swimmer in apparent distress should always supersede official rules of disqualification through "intentional contact" with a swimmer (Rule OWS 6.7) (i.e. assistance from a safety craft may not mean automatic disqualification but the Official Medical Officer will have the final decision on whether any swimmer must withdraw.)

OWS 6.8 For races where escort boats are used, each escort craft shall contain: a Race Judge, a person of the swimmer's choice and the minimum crew required to operate the escort craft.

AOWS 6.8.1 Each escort craft shall display the swimmers competition number so as to be easily seen from either side of the escort craft

OWS 6.9 Each safety craft shall contain appropriately qualified safety personnel and the minimum crew required to operate the safety craft.

SOWS 6.9.1 Safety craft are to be used in competitions 10km or under where individual escort craft are not prescribed.

- SOWS 6.9.2 Safety craft shall be used to patrol the swim.
- a. the minimum number of safety craft shall be no less than one craft per six swimmers.
 - b. there shall be at least one power craft.
 - c. all power craft must have propeller guards.
 - d. power craft must remain a minimum of 15 metres from the swimmers and to the shore side of the swimmers (where practical) except when executing a rescue
 - e. life jackets must be available on all safety craft and escort craft and should be worn by all persons in the boat
- SOWS 6.9.3 The Chief Referee shall not allow the race to commence unless adequate safety craft are available.
- SOWS 6.10 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Approved SAL OWS swimsuit (see SOWBL 6), goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- SOWS 6.11 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive. Use of such substances shall not compromise the numbering system.
- OWS 6.12 The pacing of a swimmer by another person entering the water is not permitted.
- OWS 6.13 Coaching and the giving of instructions by the approved swimmer's representative on the feeding platform or in the escort craft is permitted. No whistle shall be allowed.
- OWS 6.14 When taking sustenance swimmers may use Rule OWS 6.6 provided Rule OWS 6.7 is not infringed.
- OWS 6.15 No objects can be thrown from the feeding platform to the swimmers, including sustenance. The swimmers shall receive their feeding directly from their representative by a feeding pole or by hands.
- SOWS 6.15.1 The feeding station must only be entered by one approved swimmer's representative..
- SOWS 6.15.2 The swimmer's representative must only stay on the feeding platform for the shortest practical time. They should enter the feeding platform shortly before the swimmer is due to pass and must leave immediately after the swimmer has passed the feeding platform.
- SOWS 6.15.3 The swimmer's representative must not interfere with any other approved swimmer's representative or their feeding supplied.
- SOWS 6.15.4 The swimmer's representative must not make contact with any swimmer.
- AOWS 6.16 Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of feeding poles except for swimmers' identification, which is allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20cm.
- SOWS 6.17 All swimmers shall have their competition number clearly displayed in waterproof ink on their cap, upper back, arms and hands if back or arms are not visible.

SOWS 6.18 In all events, a 30 minute time limit shall apply from the finish time of the first South Australian swimmer in each appropriate age group and gender. (OWS 6.17)

SOWS6.18.1 Competitors who do not finish the course within the time limits shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course, obtain a time, but not be eligible for any points or prizes. (OWS 6.17.1)

OWS 6.19 Emergency Abandonment (OWS 6.18)

OWS 6.19.1 In cases of emergency abandonment of races of 10km or less, the race will be restarted from the beginning at the earliest possible moment. (OWS 6.18.1)

AOWS 6.19.1.1 Where circumstances do not permit the provisions of OWS 6.19.1 to apply, the Chief Referee may declare a result of a race if the lead swimmer has completed at least $\frac{3}{4}$ (three-quarters) of the race, the final ranking will be as reported by the Chief Referee

OWS 6.19.2 In cases of emergency abandonment for any race of longer than 10km, where the race has been underway for at least three (3) hours, the final ranking will be as reported by the Chief Referee. If 3 hours of the race has not been completed, it will be restarted from the beginning at the earliest moment possible. (OWS 6.18.2)

OWS 7 THE FINISH OF THE RACE (FINA OWS 7)

OWS 7.1 The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. Escort craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort craft authorised to do so enter or cross this entrance.

SOWS 7.2 The finish apparatus should, where possible, be a vertical wall at least 5 metres wide fixed if necessary to floatation devices, securely fastened in place so as not to be moved by wind, tide or force of a swimmer striking the wall. The finish could be filmed and recorded from each side and above by video system with slow motion and recall facilities including timing equipment.

OWS 7.2.1 When Automatic Officiating Equipment is used for timing of competitions in accordance with Rule SW11, microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Use of microchip transponder technology is mandatory for competitions at the World Championships and Olympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the Referee based upon the Finish Judges' report and the finish video tape.

AOWS 7.2.2 Where microchip transponder technology is used, it is mandatory for all swimmers to wear a microchip transponder on each wrist throughout the race. If a swimmer loses a transponder the Race Judge or other authorised Official, will immediately inform the Referee who will instruct the responsible official on the water to issue a replacement transponder. Any swimmer who finishes the race without a transponder will be disqualified.

OWS 7.3 The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.

- OWS 7.4 Every effort should be made to ensure that the swimmers' representative can get from the escort craft to meet the swimmer as they leave the water.
- SOWS 7.5 Swimmers must exit the water by the designated finish path and report to the Clerk of Course. When cleared by the Clerk of Course, swimmers will be inspected by the Medical Team (OWS 7.6). Upon leaving the water some swimmers may require assistance. Swimmers should only be touched or handled if they clearly display a need, or ask for assistance.
- OWS 7.6 A member of the Medical Team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided.
- OWS 7.7 Once cleared by the Medical Member, swimmers should be given access to refreshment.
- SOWS 7.8 Swimmers having completed their race are required to remove or cover any identifying race attire so that they may not be confused with swimmers in subsequent events.

SOWS 8 HANDICAPPING

SOWS 8.1 STANDARD TIMES

All other event open water event standard times shall be calculated by

$$\frac{\text{event distance}}{400} \times 7 \text{ minutes } 30 \text{ seconds}$$

SOWS 8.2 ELIGIBILITY FOR HANDICAP EVENT

To be eligible to compete in an Open Water Swim entrants must be a minimum of 10 years of age at date of competition and shall supply on their entry card either:

- 400 m freestyle time equal to or less than 7 minutes 30 seconds, or
- Evidence of completion of an Open Water Swim since the 1st January, the year prior to the date of the swim, detailing the date, distance of swim and time recorded.

Times shall be the best recorded since the 1st October, up to two years prior to the date of the swim.

Examples:

- | | |
|-----------------------|-----------------------------------|
| • Swim Date: Nov 2017 | Best times since 1st October 2015 |
| • Swim Date: Feb 2018 | Best times since 1st October 2016 |

Any entrant who cannot currently achieve a time equal to or less than 7 minutes 30 seconds for 400 metres freestyle, or provide evidence of the completion of an Open Water Swim as detailed above, shall not be provided with a handicap and shall not be permitted to start in the event.

In addition, for handicap events swimmers must provide two other freestyle times over different distances.

Currently online entries are not available and all entries must be submitted on the white entry card (Handicap OWS Card) that can be downloaded from the SwimmingSA website.

SOWS 8.3 HANDICAPPING

Handicaps shall be calculated using competitors' calculated swim times. These times shall be:

- Calculated for each competitor using all available times that the handicappers consider valid; or
- The event standard time where the calculated swim time exceeds the event standard time.
- Any person who does not satisfy either of the two (2) entry conditions in SOWS8.2 will not be allowed to swim.
- The Handicapping Sub-Committee may update any submitted time using the Swimming Australia database.

SOWS 8.4 PENALTIES (deleted)

SOWS 8.5 PROTEST ON HANDICAPPING PENALTIES (deleted)

SOUTH AUSTRALIAN OPEN WATER SWIMMING BY-LAWS

SOWBL 1

- SOWBL 1.1 Each South Australian Open Water Championships will be organised and coordinated by SwimmingSA.
- SOWBL 1.2 The South Australian Open Water Swimming Championships shall have separate events, for men and women over the distances of 2.5km, 5km and 10km.
- SOWBL 1.3 The South Australian Age Open Water Swimming Championships shall incorporate separate events for boys and girls over the distances of:
- 2.5km for 10, 11, 12, 13, 14, 15, 16 and 17/18 years
 - 5km for 12, 13, 14, 15, 16 and 17/18 years
 - 10km for 13, 14, 15, 16 and 17/18 years
- SOWBL 1.4 SwimmingSA may at their discretion, add events to reflect current SAL and FINA event programmes.

SOWBL 2 The minimum age for both male and female swimmers in the 'open age' Open Water Championships shall be fourteen (14) years as at the day of the meet.

SOWBL 3 Entries may be lodged on behalf of a registered member by a Club affiliated with SwimmingSA for the Open and Age Open Water Swimming Championships. The Club or member shall certify that such entry complies with the conditions of entry for the event via the online entry system.

SOWBL 4 SwimmingSA, at its discretion, may set entry standards for all open water events. It may also set time limits by which events must be concluded. Eligibility requirements for each event are defined in the SwimmingSA Handbook of Events and this may also refer competitors to SwimmingSA Event By-Laws.

SOWBL 5 SwimmingSA Standards for Entry to Open Water Championship Events.

1.25 km races: These are not Championship events but are considered a Come and Try event and all participants or parents of participants under 18 shall be required to sign a waiver stating that they are able to swim the distance.

2.5 km races: Any of the following standards:

- Proof of any open water swim of a minimum distance of 1000m within the last 2 years.
- Evidence of any Swimming Australia registered result for a 400m, 800m or 1500m event in the previous 2 Years.
- Completion of a 400m time trial at any 25m/50m pool in South Australia witnessed by an accredited coach and SwimmingSA registered official. The swimmer will need to complete the 400m swim in a continuous nature. There will be no time limit on this swim.
- Provide evidence of either a current SLSA Bronze medallion or Surf Life Saving Certificate.

5 km Races: Any of the following standards:

- Proof of completion of any open water swim of a minimum distance of 1000m within the last 2 years.
- Evidence of any Swimming Australia registered result for 800m event in the previous 2 years in a time under 12.00 minutes.
- Completion of an 800m time trial at any 25m/50m pool in South Australia witnessed by an accredited coach and SwimmingSA registered official. The swimmer will need to complete the 800m swim in a continuous nature and in a time of under 12.00 minutes.
- Provide evidence of either a current SLSA Bronze medallion or Surf Life Saving Certificate.

7.5km / 10 km races: Any of the following:

- Evidence of any Swimming Australia registered 10 km swim completed in the last 2 years.
- Evidence of any Swimming Australia registered 5 km swim completed in a time of 2 hours or less in the last 2 years.
- Achievement of the below standards in an approved swimming Australia registered Long Course meet within the last 2 years.

Male and Female Qualifying Times

Age Group	800m	1500m
Male		
Open		16:50.00
17/18 years		17:20.00
16 years		17:40.00
15 years		18:15.00
14 years		18:30.00
13 years	10:10.00	--
Female		
Open	9:25.00	
17/18 years	9:56.00	
16 years	9:58.00	
15 years	9:58.00	
14 years	10:06.00	
13 years	10:10.00	

SOWBL 6 FINA stipulates that events at national level are subject to the rules issued by Member Federations of competent jurisdiction. Consequently, SwimmingSA rules are based on the current SAL rules unless otherwise specified in this document or the specific event information.

SOWBL 7 The Protest and the Jury of Appeal process for all SwimmingSA events is as defined in SwimmingSA Event By-Laws EBL13.

SOWBL 8 Approved Swimwear

SOWBL 8.1 Swimwear, Wetsuits and Water Temperature

Based on the water temperature reading (SOWS 2.5), the following applies as applicable to swimwear in all South Australian OWS events:

Less than 16°C – the event will not be conducted.

16°C – 17.9°C – swimmers must wear an approved wetsuit to compete

18°C – 19.9°C – swimmers may wear an approved wetsuit or approved swimwear to compete.

20°C – 31°C – swimmers must wear approved swimwear to compete. Wetsuits are not permitted.

Over 31°C – the event will not be conducted.

SOWBL 8.2 Approved Swimwear and Wetsuits

Wetsuits must comply with the approved FINA standard and design. Where wetsuits are not marked with the FINA approval logo, they should comply with the following guidelines and the final decision of its compliance rests with the Chief Referee.

In pool and open water swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits (including wetsuits for open water competitions) shall comply with the requirements set forth in these By-Laws. **(FINA BL 8.2)**

For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. **(FINA BL 8.5)**

For open water swimming competitions with water temperature from 20°C swimsuits for both men and women shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition. **(FINA BL 8.4)**

QUICK GUIDE TO OWS INFRACTIONS

- .1 **Red Flag** — A swimmer shall receive a Red Flag and be disqualified from further competition for:
 - A Accumulating two yellow flag infractions for any combination of rules violations. The Red Flag will be issued at the time of the second infraction;
 - B Failing to swim or complete the prescribed course. Swimmers who do not finish the course within the time limit shall be removed from the water except that the Referee may allow a swimmer outside the time limit to complete the course but not participate in any points or prizes awarded;
 - C Receiving assistance by pulling on the cables, line markers, buoys, or buoy lines (Note: Incidental contact shall not be a basis for disqualification.);
 - D Receiving propulsive aid from anyone in boats or other escort craft of any kind;
 - E Walking or pushing off the bottom or objects thereon. (Note: Pushing off at the start or walking at the finish where an on-shore finish is employed is permitted.);
 - F Receiving support from any fixed or floating object or touching or being touched by his/her escort safety craft or the crew. (Standing on the bottom during the race shall not disqualify the swimmer. Incidental physical contact while giving food or liquid to a swimmer shall not result in disqualification.) Being touched by water safety personnel will not necessarily result in disqualification;
 - G Unsporting conduct. Swimmers will be disqualified if they, their support craft, or support personnel, commit an act that is deemed unsporting by the Referee. Examples of unsporting conduct include intentionally striking another swimmer, refusing to re-round a turn mark and intentional interference with another swimmer while approaching the finish; or
 - H Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to his/her speed, endurance, or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- .2 **Yellow Flag** — A swimmer shall receive a Yellow Flag for:
 - A Gaining an unfair advantage at the start. If in the opinion of the Referee, an unfair advantage has been gained at the start, the offending swimmer will be given a Yellow Flag or a Red Flag as determined by the Referee;
 - B Receiving aid from a non-competing person in the form of pacing;
 - C Taking an unfair advantage by slipstreaming an escort safety craft. (Race judges shall instruct swimmers who are taking unfair advantage by pacing or, slipstreaming with escort safety craft to move clear.);
 - D Actions of his/her escort craft that interfere with another swimmer's progress or for failure of his/her craft or coach to heed the instruction of an assigned official; or
 - E Intentional contact with another swimmer or contact which causes interference.